#### **Creating a Healthy Child Care Environment**



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Bureau of Nutrition, Health and Transportation Services
Iowa Department of Education
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#### **Team Nutrition Goal:**

## Improve children's lifelong eating and physical activity habits

#### **Importance of Environment**

Daily opportunities for practicing healthy food selection and physical activity

#### **Importance of Early Childhood**

Lifelong Impact

Brain development

#### **Serve Safe Food**

- Follow DHS licensing regulations
- Follow a cleaning schedule

#### **Serve Safe Food**

#### **Prevent Choking**

- Supervision
- Avoid foods that may cause choking
- Avoid foods that are the size and/or shape of a marble.
- Do not use Styrofoam cups and plates with preschool children.

#### **Introduce New Foods Regularly**

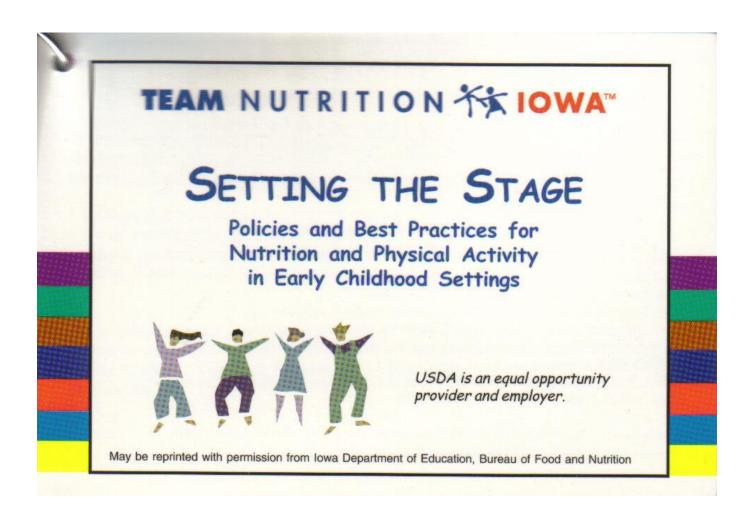
#### **Balance, Variety and Moderation**

- Foundations for a healthy diet
- Variety No one food provides all nutrients

#### **Introducing New Foods**

#### How?

- One at a time
- Increase familiarity
- Role Modeling
- Encourage; no pressure
- Offer repeatedly
- Small amounts with familiar foods



#### Policies and Best Practices--21



Children serve themselves during meals and snacks with adult



Food is served in a manner that allows children to select amounts and varieties of foods they will eat.

Rationale: Family meal service allows children to serve themselves so they determine which foods to take and how much. Adults should determine what foods are served and how they are served. (9b)

Foods are served in a form that young children can eat without assistance.

Rationale: Children gain mastery in eating and appreciation of what they eat if they can eat successfully on their own. Consider the child's ability to chew, pick up foods and use utensils when planning meals and snacks. (9c)

Utensils and dishes are sized for children.

Rationale: Smaller dishes and serving utensils communicate appropriate expectations about serving size. Easy-to-grasp serving dishes and utensils make it simple for children to serve themselves. (7e)



## **Example** Policy:

**Policy 1** – The daily schedule promotes a relaxed and adequate period for meals and snacks

#### **Best Practices:**

- 1) Quiet time precedes meals to promote relaxed eating
- Meal schedules are long enough to allow for conversation and passing food several times.
- 3) Meals and snacks are scheduled at regular times. Either a meal or snacks is offered to children at least every 2-3 hours.

**Policy 2** – A least 60 minutes of physical activity are scheduled daily for toddlers and preschoolers. (card 16)

Policy 3 – Foods served to children meet the Child and Adult Care Food Program guidelines and the Dietary Guidelines for Americans and promote acceptance of a variety of foods. (card 17)

**Policy 4** – Food and physical activity are not used as incentives or punishment. Nor do we reward or punish children for what they choose to eat or what they choose as their physical activity. (card 19)

Policy 5 – Children serve themselves during meals and snacks with adult supervision. (card 21)

**Policy 7** – Nutrition and physical activity are taught as specific learning objectives and are woven into activities throughout the day. (card 25)

**Policy 8** – Parents are partners in the task of fostering healthy eating and physical activity habits for children. (card 27)

**Policy 10** – Children always have access to safe drinking water and are encouraged to drink water frequently throughout the day. (card 32)

#### **Self Assessment**

#### Self-assessment questionnaire--9

Evaluate your child care or preschool environment by comparing what you do with these best practices. The number in the far right-hand column tells you which policies in this set are addressed by the best practice.

practice.	Never	Sometimes	Always	Number
Parents receive information about our nutrition and physical activity policies when they enroll their children.		8	1	8
We provide parents with information about how to foster healthy eating and physical activity at home.				8
We regularly communicate with parents about food and physical activity choices of their children.				8
Meals and snacks meet the requirements of the Child and Adult Care Food Program and are based on the Dietary Guidelines for Americans.			V	3
New and familiar foods are served to children.		~		(3)
Children decide how much and which foods they will eat		Maria		(5)
Mealtime is relaxed and calm.			4	1

#### **Communicate Policies**

#### 1. Employees

Employee handbook

New employee orientation

Staff meetings

Staff training

Job descriptions

#### 2. Parents

Center tours

Parent handbook

**Newsletters** 

#### **Division of Responsibility**

**Ellyn Satter** 

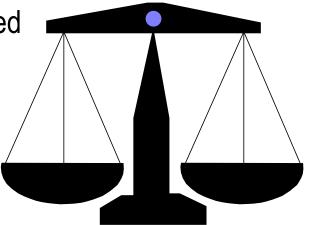
#### Help adults learn:

#### Their responsibility

The child's responsibility

-what foods are offered

-how food is offered



- -how much to eat
- -if they eat

#### Division of responsibility

#### Adults

Offer a variety of healthy, appealing foods

Serve food at regular mealtimes (pleasant, undistracted)

Provide appropriate support

Role model desired behaviors

#### Children

Make their own choices from the foods parents offer

Dish own food

Decide when they're done eating

#### **Division of Responsibility**

#### **Be Responsive**

- Recognize developmental abilities
- Balance need for assistance with initiative
- Respond early and appropriately

#### **Division of Responsibility**

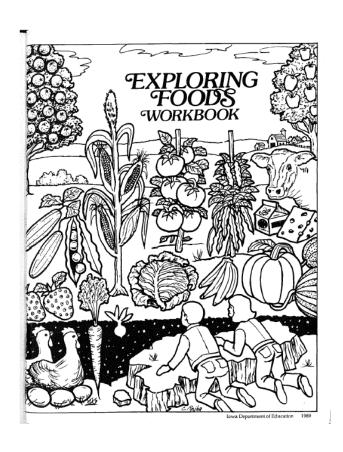
#### **Tips**

- Adults should be role models
  - -Sit with children
  - -Model desired behaviors
    - -Eat the same foods (openly explain exceptions)
    - -Lead table conversation
    - -Supervise
- Put staff mealtime expectations in writing

\_

#### **Best Practice Tips for Mealtime**





# Physical Activities and Healthy Snacks for Young Children

#### TEAM NUTRITION TOWAT





49 recipe cards49 physical activity cards

#### **Recipes Planned Around**

- New ideas with fruit and vegetables
- Whole grains
- Simple preparation
- Child participation
- Nutritious fast food look-a-likes
- Other cultures
- Lifetime healthy eating

### Tips for Involving Young Children in Food Preparation

Involving young children in food preparation and food serving promotes learning and appreciation for a wide variety of foods. Young children can participate in some steps in all of these snack recipes. Evaluate these recipes step-by-step according to these developmental guidelines offered by the United States Department of Agriculture\* to determine how to involve children.

#### **Physical Activity Cards**

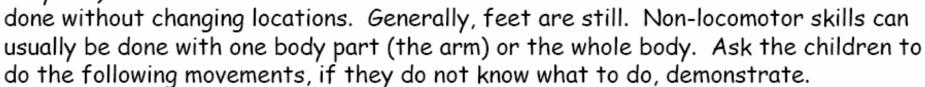
- Dietary Guidelines
- Principles
- Teaching tips

#### TEAM NUTRITION TE IOWATE

#### Mon-locomotor Skills

Arrange the children in scatter formation.

Remind the children to stay in their special spot (where they are). Non-locomotor skills are movements which are



·twist · bend · balance · shake

•sway •stretch ·lean

·wiggle ·swing ·curl

Vary the movement by asking them to move only one arm or leg instead of the whole body.

Hint: Chalk lines, tape marks, carpet squares or polyspots (plastic spots, available at school supply stores) help children find and stay in their special spot.

No equipment.



#### SETTING THE STAGE

Nutrition and Physical Activity Lessons For Early Childhood Settings

Go for the good stuff

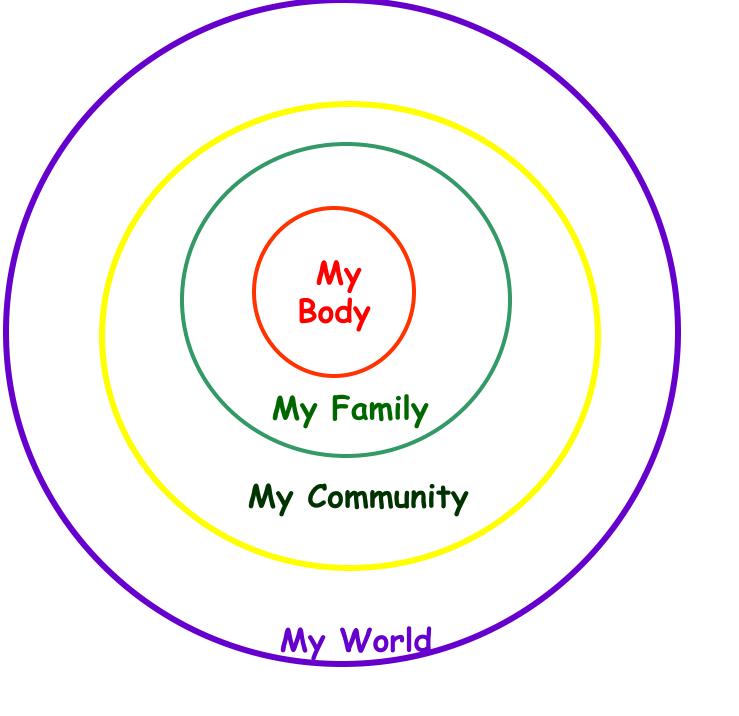




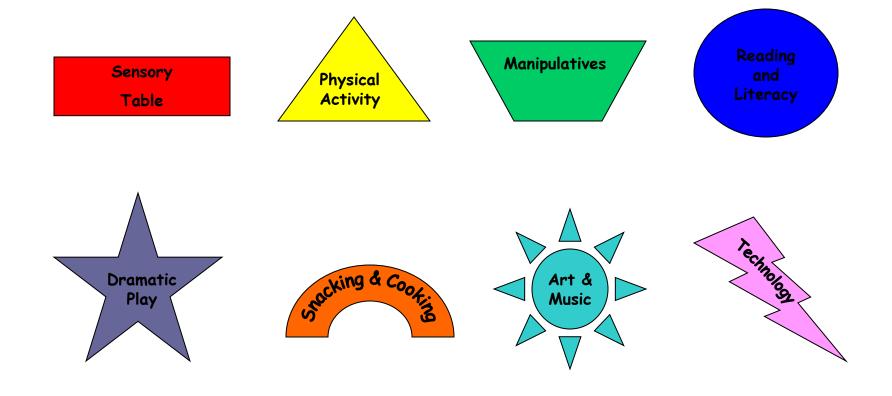
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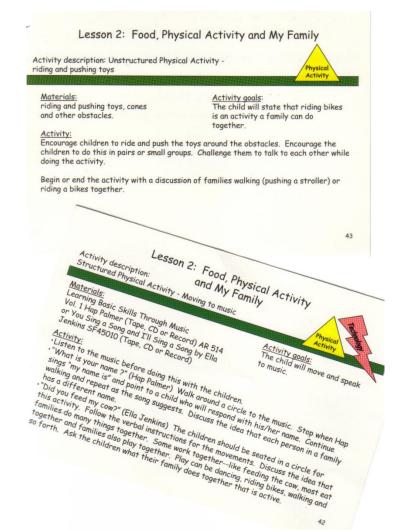
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# LESSON THEMES Food, Physical Activity



#### **Learning Centers**





# Goals and Background for Lesson 1: Food, Physical Activity and My Body

### Objectives – The child will:

- State that food is used for growth and energy;
- Taste and experience a variety of foods;
- •Move demonstrating high and low energy.

### **Background information**

During infancy and early childhood children grow rapidly. From birth to two year of age, growth is faster than at any other time. During the preschool years children continue tot grow rapidly and steadily. Food and physical activity help children to grow tall with strong bones and more muscle. This means that both nutrition and physical activity are important to growth and log term health in children.

The body uses energy during rest and to move. Energy comes from the food we eat. Some foods provide many nutrients and energy, while other foods have fewer nutrients. Fruits, vegetable and grains provide many important nutrients for growth and energy.

### **Activities:**

- Incorporate other cards
- Example: Grains
  - Grain train
  - Sensory tables

### **Snack Serving Suggestions**

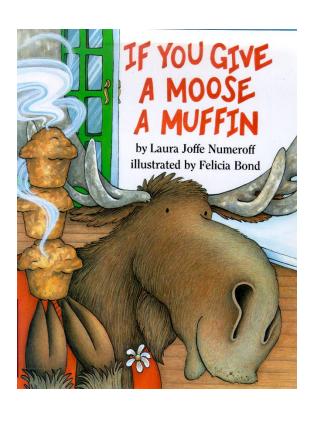


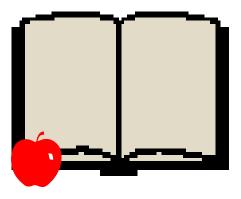
1 wrap-up served with 1/4 cup papaya slices

From What's Cooking at Super Wednesday Fitness

The source of the recipe is also given under the snack idea.

### A literacy connection on each card.





### More Information about the Suggested Books

Blueberries for Sal by Robert McCloskey. New York, NY: Puffin Books 1976, c. 1948.

Curious George goes to the Beach by Margret & H.A. Rey. Boston, MA: Houghton Mifflin Co., c. 1999.

Daisy's Garden by Mordicai Gerstein and Susan Yard Harris. New York, NY: Hyperion Books for Children, c. 1995.

D. W. the Picky Eater by Marc Brown. USA: Little, Brown & Company, c. 1995.

*Each Peach Pear Plum* by Janet and Allan Ahlberg. New York, NY: Viking Press, c. 1978.

Eating the Alphabet: Fruits and Vegetables A to Z by Lois Ehlert. San Diego: Harcourt Brace Jovanovich, c. 1989.

Follow Carl by Alexandra Day. New York, NY: Farrar, Straus & Giroux, c. 1998.

Fruit by Gallimard Jeunesse. New York, NY: Scholastic Inc., c. 1989. Goldilocks and the Three Bears by James Marshall. New York, NY: Dial

# Go for the good stuff TEAM NUTRITION TO IOWATT

### Wrap-Ups

4-5" tortilla

1 tsp. low-fat mayonnaise

1 tsp. low-fat sour cream

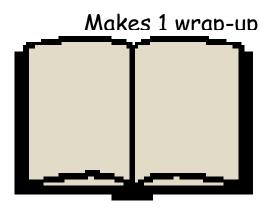
1/4 cup chopped or grated vegetables (tomato, red pepper, cucumber, carrot, onion, zucchini) or cooked dried beans

2 Tbsp. grated cheese

- 1. Mix mayonnaise and sour cream. Spread on one side of tortilla.
- 2. Top with 1/4 cup chopped vegetables and grated cheese.
- 3. Fold the tortilla in half or roll it up for a sandwich on the go.

### Avocado Option:

Mix a small amount of mashed avocado into the mayonnaise/sour cream spread.





1 wrap-up served with 1/4 cup papaya slices

From What's Cooking at Super Wednesday

An annotated list of over 250 books with positive food, nutrition, and physical activity messages for young children.

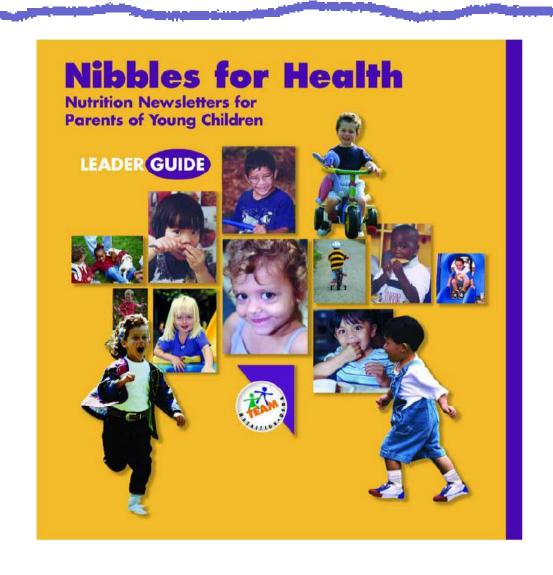
Michigan Team Nutrition Booklist

PRESCHOOL
BOOKLIST



Child Care Providers

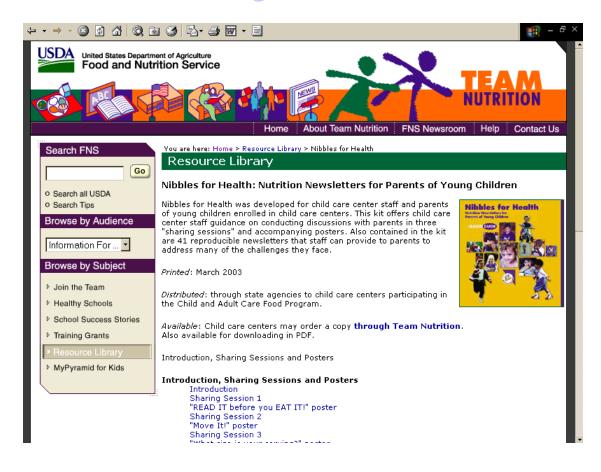
http://healthymeals.nal.usda.gov/nal\_display/index.php?tax\_level=1&info\_center=14&tax\_subject=264



### **Nibbles for Health Newsletters**

- 41 different issues
- Color & black and white originals
- Can be personalized with local information

http://teamnutrition.usda.gov/Resources/nibbles.html



### **Goals:**

- Healthful eating environment
- Healthy food choices
- Support family efforts

### Teaching Good Food Habits

Like reading and writing, brushing teeth, and han washing, learning good food habits is a life skill to can help your child live a healthy, satisfying life. Here's how you can nurture good food habits.

#### Give your child enough table time.

Does your child seem to dawdle at the table? That's normal. Young children don't have the muscle development or skills to eat as fast as you. They still need practice with eating utensils. Eat at a pace that allows you to enjoy your food. It takes about 20 minutes for the atomach to feel full. Rushing mealtime only leads to frustration for you, your child, and others at the table!

#### Be a good role model. Your child watches what you eat.

If you eat and enjoy collard greens, bok choy, asparagus, or plantains, chances are your child will try them too – if not now, then probably later. It's not just what you say, it's also what you do. As kids grow up, a brother, sixler, and others in their life are role models, too. Remember most children want to grow up doing what others do.



#### Instead use

Reward your child Console with hugs time and having fu club."

Skip the urg

or appease

Have you ever bee

eat one more bite.

you can play," "No

vegetables," or "St

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NIBBLES FOR HEALTH 16 Nutrition Newsletters for Rerents of Young Children

### Together... Let's Try New Foods!

Enjoy all kinds of foods! That's good advice for kids – and for you. Why? When kids learn to enjoy many foods, they have more choices for smart eating throughout life. That's good because different foods promote growth and health in different ways.

Food variety makes eating more interesting and fun, too.
Remember: seeing, trying, comparing, and talking about different foods is part of learning.

#### Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with your child.

- Offer a new food first, before foods your child eats already. Kids usually are more willing to try new foods when they are hungry.
- Have your child choose a new food as you shop. Trying new foods is more fun for kids when they pick them.
- Do a taste test. Talk about a new food. Have your child describe the color, shape, feel, smell, sound, and taste – and not whether your child likes or dislikes it. No "yucks"!
- Go for at least "one bite." But stay away from forcing your child to taste. Keep food trying positive.
- Try new foods, too. Encourage your whole family to try new foods! Kids copy what they see and hear. Keep quiet if you don't like the food.
- Prepare new foods in different ways.
  Many kids prefer to pick up raw vegetables with
  fingers. That may seem better than the same
  new vegetable that is cooked.

 Try and try again. Many kids need new food 5 to 10 times before they like normal for kids to be cautious at first.

 Relax. Your child doesn't need to like food. Everyone (you, too) has different favorites.



Provided by

NIBBLES FOR HEALTH 15 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutriti

#### Iron In Foods: Does My Child Get Enough?

### Your child needs enough Iron:

- To support his or her rapid growth.
- · To replace iron that the body uses up.
- . To have enough energy to learn and play.

Iron-deficiency anemia is a common nutrition problem for young children. Checking for anemia should be part of your child's regular health exam. Not sure? Ask your child's health care provider.

#### You need enough iron, too.

Everyone in your family needs iron from food to feel good and stay healthy. Women need it to replace the iron lost each month through menstrual flow. Include iron-rich foods in your family meals and snacks. Your child will benefit, too.

#### Warning: Iron Poisoning!

Iron pills meant for you can be harmful to your child. Even iron supplements for children can be dangerous if they aren't taken as directed. Too much iron from a pill can cause serious injury, even death.

#### You can:

- Keep pills with iron in a child-safe container where your child can't reach.
- If your child accidentally swallows iron pills, call your health care provider or the poison control center right away. Write down the phone number for your local poison control center:
- Offer iron supplements to your child only as directed by your health care provider. Your child won't get iron poisoning from food.

#### **Good Sources of Iron**

Offer these foods often.

- · Lean meat
- · Iron-enriched and whole-grain breads and cereals
- · Cooked dried beans (black, kidney, lima, navy, pinto, soy beans)
- · Greens (collard, kale, mustard, spinach, turnip green)

Chicken, egg volks, and dried fruit (raisins, apricots) have iron, too, but not as much,







bounded by

NIBBLES FOR HEALTH 24 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

# **Three Sharing Sessions**

- Food Labels: A Tool for Making Food Choices
- Active Living: How to Get Families Moving
- Pyramid Servings: How Much? How Many?

### **Posters**



### **MyPyramid for Preschoolers**

http://www.mypyramid.gov/preschoolers/index.html



Subjects MyPyramid Basics Inside the Pvramid o Tips & Resources o Got a Question? Interactive Tools MvPvramid Plan o Menu Planner o MvPvramid Tracker · Child Cost Calculator Multimedia

Video Podcasts

Audio Podcasts

Specific Audiences

Preschoolers (2-5v)

• General Population

For Professional Use

Steps to a Healthier

• Dietary Guidelines

o PSAs

Animation

o Kids (6-11v)

o Pregnancy & Breastfeeding

### MyPyramid for Preschoolers



Use MyPyramid to help your preschooler eat well, be active, and be healthy.

MyPyramid for Preschoolers is for children 2 to 5 years of age. Click on the blue button to get a customized MyPyramid Plan for your preschooler.

MyPyramid Plan

#### Explore ways to help your preschooler:

- Grow up healthy. Complete a growth chart especially for your child to find out more about normal development.
- Develop healthy eating habits. Raise a healthy eater by setting a good example and practicing positive habits.
- Try new foods. Help for picky eaters.
- Play actively every day. Add physical activity into your preschooler's day.
- Follow food safety rules.

#### Learn more:

- Sample Meals Patterns, Meals and Snacks
- Find Kitchen Activities for preschoolers
- Search for More Information.



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life.



 Partnering with MyPyramid

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Go

#### Subjects

- MyPyramid Basics
  - Inside the Pyramid
  - Tips & Resources
  - Got a Question?
- Interactive Tools
  - MyPyramid Plan
  - o Menu Planner
  - MvPvramid Tracker
  - o Child Cost Calculator
- Multimedia
  - Video Podcasts
  - Audio Podcasts
  - o PSAs
  - Animation
- Specific Audiences
  - o Preschoolers (2-5v)
  - o Kids (6-11y)
  - o Preanancy &

### Developing Healthy Eating Habits

Many things influence what and how much your child eats.

As a parent, you have the most influence on your child. You can do a lot to help your children develop healthy eating habits for life:

- Set a Good Example
- Offer a Variety of Foods
- Start with Small Portions
- Help Them Know When They've Had Enough
- Follow a Meal and Snack Schedule
- Make Mealtime a Family Time
- Cope with a Picky Eater
- Help Them Try New Foods
- Make Food Fun



Your preschooler's normal growth and development also play a big role in their eating habits. As preschoolers grow, they change physically, mentally, and socially. These changes affect everything they do, including eating. See a roadmap of what to expect.

Marketing and advertising can also affect what your child wants to eat. How can you cope with what your preschooler sees on food packages and TV?

Search MyPyramid.gov

Go

#### Subjects

- MyPyramid Basics
  - o Inside the Pyramid
  - o Tips & Resources
  - o Got a Ouestion?
- · Interactive Tools
  - o MyPyramid Plan
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  - o Preschoolers (2-5y)
  - o Kids (6-11y)
  - Pregnancy & Breastfeeding
  - General Population
- · For Professional Use
- Steps to a Healthier Weight

You are here: Home / MyPyramid for Preschoolers / Picky Eaters / Trying New Foods

### Trying New Foods



#### Many preschoolers are hesitant to try new foods.

It is completely normal for young kids to reject foods they have never tried before.

#### Here are some tips on how to get your preschooler to try new foods:

- Sometimes, new foods take time. Kids don't always take to new foods right away. Offer new foods many times. It may take up to a dozen tries for a child to accept a new food.
- Small portions, big benefits. Let your kids try small portions of new foods that you enjoy.
   Give them a small taste at first and be patient with them. When they develop a taste for many types of foods, it's easier to plan family meals.
- . Be a good role model by trying new foods yourself. Describe its taste, texture, and smell.
- Offer only one new food at a time. Serve something that you know your child likes along with the new food. Offering too many new foods all at once could be overwhelming.
- · Offer new foods first, at the beginning of a meal, when your child is the most hungry.
- Serve food plain if that is important to your preschooler. For example, instead of a
  macaroni casserole, try meatballs, pasta, and a vegetable. Also, to keep the different
  foods separate, try plates with sections. For some kids the opposite works and serving a
  new food mixed in with a familiar item is helpful.

More on Developing Healthy Eating Habits

Back to Picky Eaters Main Page

### **Ideas**

- Newsletters
- Bulletin Boards
- Menus

# USDA Healthy Meals Resource System

http://healthymeals.nal.usda.gov/nal\_display/index.php?tax\_level =1&info\_center=14&tax\_subject=264

### **Bulletin Boards**

(click on Nutrition Education, then Bulletin Boards)

